

## TIPS FOR PARENTS

### Five A Day — Fruits and Vegetables

During today's session, we talked about eating fruits and vegetables. We did a few activities to help your children learn about good nutrition and to help them get ready for school. This sheet will give you some more ideas.



### Today's Learning Activities:

- Listened to a Five A day song about fruits and vegetables
- Read *How Are You Peeling?* by Saxton Freymann and Joost Elffers
- Talked about why fruits and vegetables are healthy
- Counted how many fruits and vegetables we need to eat every day
- Came up with ways to eat 5 a day

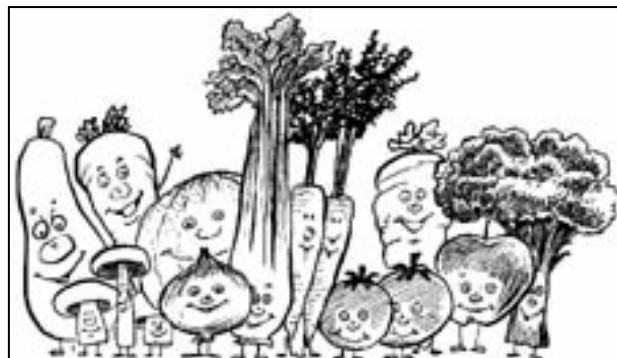


### How You Can Continue This Learning:

As a parent, you are your children's first teacher. You can help them learn more about fruits and vegetables by doing some of the same activities again that we did today. You can also do some new ones. Here are some ideas:

### Other Books You Might Read:

- *Eating the Alphabet* by Lois Ehlert
- *Oliver's Fruit Salad* by Vivian French
- *Stone Soup* by Heather Forest
- *Button Soup* by Doris Orgel
- *Ugly Vegetables* by Grace Lin
- *Handa's Surprise* by Eileen Browne



### Other Activities You Might Do Together:

- **Music:** Sing songs or play games with children about vegetables or fruits such as "one potato, two potato."
- **Art and Drama:** Cut out pictures from magazines of fruits and vegetables, or draw them with crayons; vegetable faces and people, make a book or place mat. Cut out pictures from magazines of different feelings and talk about together.
- **Cooking:** Make a fruit salad, veggie dip, fruit smoothie, soup or salad recipe.
- **Shopping:** Go to the store and pick out fruits and vegetables together, talk about color, taste, shape.
- **Science:** Look at the different parts of fruits and vegetables: stems, seeds, roots, and talk about what parts you eat.
- **Math:** Put out different fruits and vegetables and sort by color, size, shape.
- **Physical Activity:** Act out being strawberries floating in milk, watermelon rolling, corn being shucked, tomato sauce being spread on pizza, an apple hanging from a tree; play bean bag toss: fill clear bags with dried beans.